

University of Montana

## ScholarWorks at University of Montana

---

University of Montana News Releases, 1928,  
1956-present

University Relations

---

4-16-1997

### Don't weigh your self esteem' addresses eating disorders

University of Montana–Missoula. Office of University Relations

Follow this and additional works at: <https://scholarworks.umt.edu/newsreleases>

## Let us know how access to this document benefits you.

---

### Recommended Citation

University of Montana–Missoula. Office of University Relations, "Don't weigh your self esteem' addresses eating disorders" (1997). *University of Montana News Releases, 1928, 1956-present*. 14779.  
<https://scholarworks.umt.edu/newsreleases/14779>

This News Article is brought to you for free and open access by the University Relations at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana News Releases, 1928, 1956-present by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact [scholarworks@mso.umt.edu](mailto:scholarworks@mso.umt.edu).

# UM News Tips

University Communications • The University of Montana • Missoula, MT 59812 • (406) 243-2522

---

April 16, 1997

## **'DON'T WEIGH YOUR SELF ESTEEM' ADDRESSES EATING DISORDERS**

Self perception plays a large role in a person's health. To increase awareness about eating disorders members of UM's Peers Reaching Out will host a table in UM's University Center from 9 a.m. to 2 p.m. Monday through Wednesday, April 21-23. The group is using the theme "Don't Weigh Your Self Esteem" to help promote the prevention of eating disorders. Volunteers will be on hand to answer questions and provide a variety of information and exhibits, including distorted mirrors, to provide a different perspective on self view. On Wednesday, UM's Eating Disorder Task Force will sponsor "Beauty Myths and Deadly Diets: What We Can Do to Stop the Tragedy of Eating Disorders," presented by Dayle Hayes, nutrition expert and author. The free presentation is at 7 p.m. in UM's Urey Lecture Hall. For more information call Linda Green, Peers Reaching Out coordinator at 243-2801, or Laura Del Guerra, registered dietitian for UM Dining Services and member of the UM Eating Disorder Task Force at 243-2315.

###

BLS  
Local  
PROS.rl